



Do You Have E-mail?

If you have e-mail and would like to participate in user polls, receive our newsletter, or view our monthly specials electronically send us a message at:

contact@portagevalleyhearing.com



Battery Sale

- Buy 1 get 1 free
- Buy 2 get 2 free
- Buy 3 get 3 free



Limit 3 per person
Coupon expires 11/15/2010

Portage Valley Hearing Fall 2010



PORTAGE VALLEY HEARING

133 E. Front St.
P.O. Box 687
Pemberville, OH 43450
www.portagevalleyhearing.com

Sound Advice

Fall 2010



Rebecca Krukemyer Au.D.

Office Hours
Monday-Friday
9am—5pm

Phone
419-287-2201
419-287-HEAR
1-866-804-7392

Fax
419-287-2202

E-mail

Contact@portagevalleyhearing.com

PVH on the Web
www.portagevalleyhearing.com

Ask Dr. Krukemyer about speaking on hearing issues at your group or church meeting!

The greatest compliment you can give us is the referral of a friend or family member!

Greetings

The Krukemyer family has undergone some changes this summer. On June 11th we were blessed with twin baby girls; Sarah and Claire. Worried that I might have to go on bed rest, I was blessed to be able to work a light schedule up to the week before they were born. The babies were born at 38 weeks and were healthy enough to come home from the hospital with me.

Sarah and Claire are not identical twins, but they are difficult to tell apart. In order to avoid confusion, we kept their hospital id tags around their ankles for a month until they started to get tight. Now we paint their toe nails different colors so we can tell them apart.

After several weeks of maternity leave, I am back at work. We are fortunate to have good help, and my mother-in-law has been particularly helpful. Like all new parents, we are thrilled with the babies, even if we are a little sleep deprived. With two teenage boys and four girls ages four and under, there is never a dull moment at the Krukemyer house.

Rebecca



Claire Elise
5 pounds 4 oz



Sarah Grace
5 pounds 14 oz

Small town office. Big city technology!

Hear For The Holidays

If you could hear your family, friends and loved ones better and enjoy all of the sounds of the holidays (and everyday) would it be worth it to you?

Isn't it time to give yourself the opportunity to find out that today's hearing aids certainly are not your grandfather's hearing aids?

Call us at 419-287-2201 to make an appointment for an evaluation and 30 day trial fitting of today's current hearing aid technology. Take advantage of our "Hear for the Holidays" event.



Maintaining an Independent Lifestyle Through Technology

Maintaining an active and independent lifestyle is a goal for many older adults. The idea of moving out of your home can be unsettling. Unfortunately, declining health, decreased hearing and vision, balance disorders, and risk of falling all threaten to limit one's level of independence. In addition to health concerns, there are safety concerns, especially for those who live alone. Thankfully, devices exist today that provide people with a greater opportunity to maintain a level of independence even as their health and lifestyle change.

Medical Alarms

Personal emergency response services, which are known by several names including Lifeline, Life Alert and Senior Safety, respond to any health or safety concern. Available 24 hours a day, 365 days a year, subscribers press a waterproof button that they wear at all times. A close neighbor is usually sent to check on the caller, but when a serious emergency occurs an ambulance is dispatched. Most area hospitals offer this service for a \$20-30 monthly fee.

Alarm Clocks

Waking up on time for an appointment doesn't seem like a big deal unless you know you are unable to hear the alarm. Alarm clocks are available that will vibrate a pillow or flash a strobe light.

TV Ears

TV Ears were invented for those with mild hearing loss who need the volume on the television louder than what is comfortable for others. Using a wireless headset, you

set your own volume and tone while others listen to the television volume at their own level.

Smoke Detectors

Smoke detectors generate so much noise that even those with significant hearing loss are likely to hear them. Yet, there are those who do not hear the alarm without the help of hearing aids and since hearing aids are removed before going to bed, there are still some who would not be awakened from a deep sleep by the sound. It is imperative that the smoke alarm is loud enough to awaken the hearing impaired sleeper. In addition to amplified sound alarms, there are also alarms that will flash a lamp, flash a strobe light, or vibrate a pillow.

Hearing Aids

Relying on others to interpret what your doctor said may be risky. Good hearing is critical for maintaining an independent lifestyle. For those living alone, good hearing is invaluable. The excuse that you live alone, and there is nothing to hear would be true were it not for criminals who prey on the vulnerable. You need to be able to hear if a window breaks or there is an unusual sound outside.

Declining health issues creep up on us gradually and we may not be aware of the extent of our limitations.

Assistive devices aid you in maintaining your independence longer. If you are interested in obtaining an assistive listening device you can learn more on our web site portagevalleyhearing.com or call us 419-287-2201.

6 Things That Can Cause Hearing Loss

There are many things that occur during the course of our daily lives that we might not think could impact our ability to hear. Think of the ear as a fragile instrument that once damaged may not be restored. Here are 6 things we may not consider to be hazardous to our hearing.

Convertibles

Riding with the windows down on the highway or riding in a convertible with the radio blaring might seem harmless. However, the loud sounds of traffic combined with the roar of the wind and the radio are forms of noise exposure that can actually be damaging to your hearing.

Ear Buds

Our ears were not meant to receive the delivery of sound so close to the eardrum. Ear buds have the potential of delivering sound loudly and for long periods of time. This can eventually change your perception of sound as well as damage your ears.

Prescription Drugs

Hearing loss is one of the lesser-known side effects of some prescription drugs, including those for pain, certain antibiotics, and platinum-based chemotherapy

drugs. Aspirin and ibuprofen can also cause hearing loss over time.

Smoking

Nicotine, a vasoconstrictor that causes blood vessels to shrink slightly, can have a significant effect on the small capillaries that serve the ear. Studies have shown that smokers have difficulty hearing high frequency sounds due to constriction. In addition, children exposed to cigarette smoke are at an increased risk of developing ear infections.

Diabetes

Diabetes may lead to hearing loss by damaging the nerves and blood vessels of the inner ear. According to the National Institutes of Health (NIH) hearing loss is about twice as common in adults with diabetes compared to those who do not have the disease.

Head Injury

A blow to the head may dislocate the three bones of the middle ear (ossicles) resulting in hearing loss. Head injuries may also cause a ruptured eardrum (Tympanic Membrane). A forceful blow to the head can damage the delicate nerves in the cochlea or in the brain.

Phone
419-287-2201
1-866-804-7392

Office Closures

Thursday, November 25th
Friday, November 26th
Thursday, December 23rd
Friday, December 24th
Friday, December 31st

Happy Holidays

This Month's Tip

Q: Why would my hearing aid suddenly have static or cut in and out?

A: Moisture and humidity are natural enemies of hearing instruments. Humidity can be a problem and can cause corrosion. Symptoms of humidity issues include static and cutting off sound intermittently. These problems usually occur after wearing the aid for several hours. The next day they may work just fine for a while.

The Dry and Store is designed to dry out, disinfect, and condition the hearing aid while you sleep. To learn more about the Dry and Store or other moisture management options call us at 419-287-2201.



Word of mouth referrals from current patients & area physicians continue to be our biggest source of new patients. Thank you so much for referring friends and family to our practice.